‘Be the source of joy to all this year’

SADHGURU JAGGI VASUDEV

Be the source of joy for all you touch in the new year. This is our time on the planet. Let’s make the coming year spectacular.

If you allow the source of creation within you to find expression, joyful is the only way you can be.

The Egyptian legend says that if one wants to enter heaven, at the point of entry you will be asked two questions. Unless you are one big “Yes” to these two questions, there is no entry for you. The first question is: Have you known joy in your life? And the second question is: Have you given joy to those around you? If your answer to these two questions is “Yes,” I must tell you, you are already in heaven.

To become a joyful human being is the best thing that you can do for yourself and to all around you. Especially when anger, hatred and intolerance are rearing their heads in hideous ways, joyful human beings are the only insurance. Only those who know the value of being pleasant will strive to create pleasantness all around.

May you know the fulfilment of making all you touch joyful.

Love and Grace

The writer is a mystic, yoga guru and Founder, Isha Foundation